

# GIVE yourself a pat *on* the BACK

Sometimes you deserve a pat on the back, even if you have to do it yourself. Identify 10 reasons to pat yourself on the back — each day — using the list below.

## Did you:

Step outside your comfort zone?

Refuse to let a problem ruin your day?

Help a stranger in need?

Maintain willpower rather than surrender to temptation?

Knock *key* items off your to-do list?

Ask for help rather than go it alone?

Make someone feel good about him- or herself?

Complete a task that you despise?

Listen to your conscience?

Put someone's interests ahead of your own?

Perform a favor without asking for something in return?

Run toward a problem rather than away from it?

Barrel through a tough assignment?

Cast aside your fears and go for it?

Forgive someone who disappointed you?

Keep your calm while others lost their heads?

See the positive when others saw only the negative?

Delegate tasks rather than maintain tight control?

Remain determined rather than quit?

Juggle several balls without getting flustered?

Comfort a friend during a rough patch?

Exceed your own expectations?

Advocate for yourself rather than keep silent?

Overcome an obstacle?

Accept responsibility rather than cast blame?

